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## Fish Burgers

with 'Slaw and Chunky Wedges



20-30min



4 Portions

Give burger night a twist with this light and tasty fish filling. Super-easy to make (and ready in less time than it takes to order takeaway!), we've served the burgers with a fresh, zesty slaw and golden potato wedges.

## What we send

- roma tomato
- hake <sup>4</sup>
- parsley
- aioli <sup>3,7</sup>
- chat potatoes
- burger bun <sup>1,7</sup>
- green cabbage
- carrot
- lemon

## What you'll require

- olive oil
- sea salt and pepper

## Utensils

- baking paper
- grater
- large frypan
- oven tray
  
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Egg (3), Fish (4), Milk (7).  
May contain traces of other allergens.

## Nutrition per serving

Energy 750.0kcal, Fat 29.5g, Proteins 36.7g, Carbs 104.8g



### 1. Bake wedges

Preheat oven to 220C. Line an oven tray with baking paper. Wash and pat dry **potatoes**, then cut into chunky wedges. Place on the tray, drizzle with 1 tbs **oil** and season with **sea salt** to taste. Toss to combine, then roast for 25 mins or until golden and tender, shaking the tray halfway through cooking.



### 4. Cook fish

Heat 1 tbs **oil** in a large frypan over medium-high heat and cook the **fish** for 4-5 mins each side until just cooked through.



### 2. Marinate fish

Meanwhile, finely chop the **parsley** and combine in a shallow dish with 1 tbs **oil** and a pinch of **sea salt and pepper**. Cut **fish** into 4 equal portions. Add fish to the parsley mixture and turn to coat.



### 5. Warm buns

Slice **buns** in half and warm in the oven for 3-4 mins. Thinly slice the **tomatoes**.



### 3. Make slaw

Juice half the **lemon**. Cut remaining half into wedges. Coarsely grate the **carrot** and place in a large bowl. Using a mandoline or sharp knife, finely shred the **cabbage**. Add to the bowl with 1 tbs **oil** and 1-2 tbs lemon juice (use to taste). Season with **sea salt and pepper** to taste.



### 6. Get ready to serve

Spread **bun bases** with **aioli**. Top with the **tomato**, **coleslaw** and **fish**. Serve with the **potato wedges**, remaining coleslaw and tomato, and lemon wedges on the side.